

Monmouthshire Health Walk - Thornwell & Innage Walk

DISTANCE

3 miles / 5 kilometres

TIME

1 hour 30 mins

GRADE

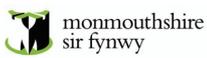
Moderate; 3 stiles and one 30m ascent

STARTING POINT

Thornwell shops area

THE ROUTE

- 1 From the roundabout, take the road between Homebase and Thornwell shops; keep to the left pavement
- 2 At the end of a high, wooden garden fence, take the tarmac path through into Caerwent Lane and follow this through the A48 underpass
- 3 At the exit to the underpass, turn right on a tarmac path. Follow Wales Coast Path signs. Keep the warehouse complex on your left.
- 4 Cross over the road and follow the tarmac path opposite
- 5 At the end of the surfaced route, continue to follow the footpath. Keep the field boundary on your left
- 6 Turn sharp right. Leave the coast path
- 7 Cross over the motorway bridge
- 8 Walk up the field to a kissing gate in the far corner
- 9 Carry on along the path keeping the hedge on your right. Ignore the stile
- 10 Go through the kissing gate onto Mathern Road and turn right
- 11 Go through the tunnel under Link Road and turn right on Maple Avenue. Follow this to the roundabout
- 12 Turn left at the roundabout. Cross carefully over to the other side of the road and continue back to the starting point



KEY

- Walk route
- Public right of way
- Roads
- Parking
- Stile
- Gate
- Underpass
- Bench
- Bridge
- Footbridge
- Steps
- Church
- Pub
- Cafe
- Village Hall
- Railway line

